3. (Amended) Apparatus for helping an individual manage his/her psychological and/or physiological state, comprising:

a first device for allowing an individual to expose a set of images chosen by the individual to one's self;

a second device for measuring a physiological state of the individual as the individual is exposed to said set of stimuli; and

a third device for recording stimuli from said set of stimuli which provide a preferred response based on the measured physiological state of the individual.

6. (Amended) Apparatus for facilitating management by an individual of a psychological and physiological state of said individual using images, comprising:

a device for allowing an individual to create a personalized preferred image response profile for one's self by having the individual show a first set of images and choosing images chosen by the individual to one's self from the first set of images which provide a preferred response for the individual, wherein said personalized preferred image response profile defines preferred characteristics which are representative of common characteristics of the chosen images;

a selector for selecting a second set of images from an image library which include characteristics that match the preferred characteristics of the personalized preferred image response profile; and

a display controlled by the individual for displaying the selected second set of images to one's self to manage one's psychological and physiological state.

12. (Amended) Apparatus for facilitating management by an individual of a psychological and physiological state of said individual using images, comprising:

a display for allowing an individual to show a first set of images chosen by the individual to one's self;

a first device for measuring a physiological state of the individual as the individual views the first set of images; and

a second device for recording images from said first set of images which provide a preferred response based on the measured physiological state of the individual, and for creating a personalized preferred image response profile that defines preferred characteristics which are representative of common characteristics of the recorded preferred images.